

LEVELS OF DIFFICULTY, PAIR SKATING, SEASON 2009-2010

Number of features for Levels: 2 for Level 2, 3 for Level 3, 4 for Level 4

Twist Lift	<ol style="list-style-type: none"> 1) Lady's split position (each leg at least 45° from the body axis) 2) Catching the lady at the side of the waist without her hand(s), arm(s) <u>or any part of upper body touching the man</u> 3) Ladies' position in the air with arm(s) above the head (minimum one full revolution) 4) Difficult take-off (steps/skating moves executed by both partners immediately preceding take-off)
Lift	<ol style="list-style-type: none"> 1) Difficult (simple for juniors) variation of the take-off 2) 1 change of hold and/or lady's position (1 rev. before and after the change, counts twice if repeated) 3) Difficult variation of the Lady (one full revolution) 4) Difficult (simple for juniors) carry (not for SP) 5) Difficult one-hand-hold of the man (see Clarifications for repetitions) 6) Difficult (simple for juniors) landing variety 7) Change of rotational direction by the man (one revolution before and after the change)
Step Sequence	<ol style="list-style-type: none"> 1) Simple variety(Level 2), variety(Levels 3–4) of turns and steps of both partn. throughout (compulsory) 2) Rotations (turns, steps) in either direction (left and right) with full body rotation covering at least 1/3 of the pattern in total for each rotational direction) 3) Moderate (full for Level 4) use of upper body movement 4) Changes of pos. (crossing at least twice while doing steps and turns) for at least 1/3 of the sequence 5) Not separating all the time (staying in the same position, changes of holds are allowed)
Spiral Sequence	<p>Spirals of both partners forward and backward, inside and outside mandatory for Levels 3 – 4</p> <ol style="list-style-type: none"> 1) A difficult variation of both partners' positions <u>at the same time</u> 2) A difficult variation on a different (for each partner) foot executed by both <u>at the same time</u> 3) Change of edge by both partners in a spiral 4) Unsupported change of free leg pos. or direction by both in spiral (3 sec. before and after the change) 5) Free leg in a total split position by one or both partners, one or both arms hold possible 6) Difficult variation of pos. by one partner (second partner in spread-eagle/shoot-the-duck/similar pos.) 7) Holding spiral position for 6 or more seconds without changes in position/variation
Death Spiral	<ol style="list-style-type: none"> 1) Difficult entry (<u>immediately preceding the death spiral</u>) and/or exit 2) Change of lady's <u>and/or man's</u> arm hold (1 rev. with each hold) 3) Difficult variation of lady's position during the death spiral (at least 1 full revolution in this variation) 4) <u>Additional rev. of the man in low pivot position after the first rev. (counts as many times as repeated)</u> 5) <u>Additional revolution(s) of the lady in the death spiral after the first revolution (counts only once)</u>
Solo Spins	<ol style="list-style-type: none"> 1) 1 difficult variation in a basic or (for spin combinations only) in an intermediate position 2) Another difficult variation in a basic position which must be: <ul style="list-style-type: none"> • spins in one position without change of foot – different than the first one • all other spins – on different foot and/or in different position than the first one 3) Flying or backward entrance 4) All 3 basic positions on one foot (counts twice if executed on both feet) 5) Clear change of edge in the same basic position (in any spin counts only once) 6) 2 changes of foot (not for SP) 7) Both directions immediately following each other 8) At least 6 rev. without changes in pos./variation, foot and edge (camel, sit, layback, difficult upright) <p><u>In any spin with change of foot the maximum number of features attained on one foot is 3</u></p>
Pair Spins	<ol style="list-style-type: none"> 1) 2 changes of basic positions of both partners 2) Additional change(s) of basic positions of both partners after the 2 changes required above 3) 3 difficult variations of positions of partners one of which can be in intermediate position (each variation of each partner counts separately) 4) Additional difficult variation(s) of positions of partners after the 3 variations required above 5) Entrance from backward outside or inside edge 6) Both directions immediately following each other 7) At least 6 revolutions without any changes in position/variation and foot (<u>camel, sit, difficult upright</u>)

LEVELS OF DIFFICULTY PAIRS, CLARIFICATIONS, SEASON 2009-2010

LIFTS. Definition of carries and one hand holds

- Basic:**
- Holds** Hand-to-Hand, Hand-to-Hip, Hand-to-Waist and Hand-to-Armpit.
 - Positions** Upright (lady's upper body vertical), Star (lady's position sideways with upper body parallel to the ice) and Platter (lady's position flat, facing up or down with upper body parallel to the ice).
 - Carry** Two hand Carry up to 3 seconds with no revolution of the man.
- Simple:**
- Take-off** Includes but is not limited to change of hand hold on ascent of lift.
 - Landing** Different landing foot, change of hold on descent.
 - Carry** Duration at least 3 seconds.
- Difficult:**
- Take-off** Includes but not limited to: Somersault take-off, dance lift going immediately into a Pair lift take-off without the lady touching the ice between two lifts, one hand take-off, Spread-Eagle by one or both partners as the entry curve.
 - Landing** Variation of the difficult landing which includes but is not limited to: Somersaults, variation in holds, partner positions and /or direction of landing, one hand landing, Spread-Eagle position of the man during dismounting.
 - Carry** Includes at least one of the following features: during the carry the Man for at least 3 seconds skates on one foot or holds the partner on one arm or performs crossovers or performs Spread Eagle or a similar move.
 - Position** A movement of a leg (s), arm (s), or upper body which requires more physical strength or flexibility and that has an effect on the balance of the main body core. Only these variations can increase the Level.
 - One hand hold** At least one full revolution in this hold.
In SP – rotation of the man using one hand hold can be counted not more than twice. In FS – rotation of the man using one hand hold can be counted 3 times in one lift only (the first that will have 3 rev. with one hand hold). All other lifts in FS can't have more than 2 Level features for one hand hold.
 - Change of hold or lady's position requires** one full revolution before and after this change. If a change of hold and a change of lady's position are executed at the same time, only one Level feature will be awarded.

STEP SEQUENCES

Types of turns (executed on one foot) : three turns, twizzles, brackets, loops, counters, rockers.

Types of steps (executed on one foot whenever possible) : toe steps, chasses, mohawks, choctaws, curves with change of edge, cross-rolls, running steps.

Simple variety: Must include at least 6 turns and 4 steps, none of the types can be counted more than twice.

Variety: Must include at least 8 turns and 4 steps, none of the types can be counted more than twice.

SPIRAL SEQUENCES. Spiral pos. are classified according to the skating leg (right, left), edge (outside, inside) and direction (forward, backward) as well as pos. of the free leg (backward, forward, sideways). Pattern of the Spiral Sequence can be any combination of curves (on edges – spiral pos. on a straight line are ignored and not counted in the number of pos.). Only the first 3 attempted pos. are to be considered for Level features. Change of foot and unsupported spiral pos. must also be among the first 3 pos. in order to be counted. If all these pos. are with assistance of the hand/arm or in the Short Program there is no change of foot by both partners (with a Spiral pos. before and a Spiral pos. after the change 3 sec. long), Level can not be more than 1 (but GOE is not restricted). Minimum of 3 sec. in each pos.

Simple variation: A spiral position with limited leg or arm movement (not affecting main body core position and independent from skating edge or direction). A simple variation does not increase the Level.

Difficult variation: This is a variation that affects the main body core and balance. Only these variations can increase the Level.

Change of edge requires minimum 3 sec. hold before and after the change with the distance used for the change not longer than 1 meter.

SPINS. Positions. There are 3 basic pos.: camel (free leg backwards with the knee higher than the hip level, however Layback and Biellmann and similar variations are still considered as upright pos.), sit (lower part of the buttocks not higher than the upper part of the knee of the skating leg, the upper part of the skating leg at least parallel to the ice), upright (any position with skating leg extended or almost extended, which is not a camel position) and intermediate pos. (all other pos.). If in a pair sit spin the Lady's free leg is behind, and the Man's free leg is in front, the Lady's basic sit position is considered to be achieved, when her skating leg knee is bent 90 degrees or more, regardless of the buttocks positions.

Solo and Pair Spin combinations: the number of revolutions in intermediate pos. is counted in the total number of rev.; intermediate pos. can be considered as difficult variations in accordance with the definition, but going to one of these pos. is not considered as a change of pos. which can only be from one basic pos. to another basic pos. **Spins in one position and flying spins:** intermediate pos. are allowed, counted in the total number of rev. required by the Rules, but are not valid for Level features. In any spin change of edge can be counted only if done in the same basic position.

Definition of Spin Variations (all comments are related to both partners). **Simple:** A movement of a leg, arm, hand or head which enhances, but does not change the basic pos. of the main body core. A simple variation does not increase the Level. **Difficult:** A movement of a leg, arm, hand or head which requires more physical strength or flexibility and that has an effect on the balance of the main body core. Only these variations can increase the Level.

Spins in both directions: Execution of spins in both directions (clockwise and counter clockwise) that immediately follows each other will be rewarded by counting this as an additional feature for every spin performed. A minimum of 3 rev. in each direction is required. In Free Skating if the change of direction is performed simultaneously with the 2nd change of foot, only one Level feature will be awarded. A Spin executed in both directions (clockwise and counter clockwise) as above is considered as one Spin.

To be counted as a Level feature **Backward entrance** in any solo Spin requires at least 2 rev. on a backward outside edge by each partner. To be counted as a Level feature **Entrance from backward outside or inside edge** in Pair Spins requires that each partner rotates at least 2 rev. on a backward outside/inside edge.

DEATH SPIRAL

Definition. Lady's position: for inside Death Spirals the lowest hip or buttock and head should not be higher than her skating knee; for outside Death Spirals – head should not be higher than her skating knee and bodyline between knee of skating leg and head should be flat or shallow arch. Any part of the Death Spiral with a higher lady's position is not valid for Level features. Man's position: for at least one full revolution the man should stay in a low pivot position (this is when his buttocks are not higher than the knee of the pivot foot). The Level of a Death Spiral without one full revolution in the described man's and lady's_simultaneous position can not be more than 1. Change of arm hold by the lady or man requires one full revolution in the death spiral position before and after this change. However if both partners change arms at the same time, only one Level feature will be awarded.

Difficult entry, exit: Skater(s) must demonstrate positions that affect main body core and balance on the entry curve. Only these positions can be counted for Level features. An example of a difficult exit also: Lady exits immediately into a lift (dance or other) or into a jump

Entry commences at the beginning of entry curve when one or both partners are already on one foot on the edge of the death spiral.

Exit starts when the Man starts bending his "holding" arm in the elbow and **ends** when the Lady comes to the vertical position.

IV. Remarks and clarifications

1. Jump elements and Throw jumps

- 1.1. The sign “<” will not be shown to the Judges. They will evaluate the GOE as they see it (without slow motion).
- 1.2. When establishing the GOE, poor take-off includes cheating at the take-off and putting the full blade on the ice in toe jumps. In throw jumps it includes turning of the Man on the ice before throwing the Lady in the air.

2. Spins

In Pairs Short Program the Solo Spin Combination must have at least 2 revolutions in 2 basic positions (correction of printing mistake in Technical Rules, page 97, subparagraph e).

3. Spiral Sequences

In both Singles and Pairs, when establishing the GOE, Judges should take into account the quality of the execution without evaluating duration of each position (as they have no tool for this evaluation). The duration of each spiral position will be evaluated by the Technical Panel which will take this duration into account, when establishing the Level of Difficulty of the Spiral Sequence.

- 3.2. In Singles (like in Pairs), if there is only one spiral position (three seconds long), no Level and therefore no value will be awarded.
- 3.3. In both Singles and Pairs, if a free leg drops at the hip level (or lower) and then comes back to the allowed position (higher than the hip level), this continuation should be ignored and not counted as a new position by the Technical Panel. The Judges will evaluate the quality of the whole sequence.

4. Lifts

Any break in the continuous rotation longer than 3 sec. will be considered as a carry attempt.

Milano,
April 15, 2009
Lausanne,

Ottavio Cinquanta, President

Fredi Schmid, Director General